



COMMISSION ON AGING

COMMISSION ON AGING MEETING

Minutes

March 28, 2016

PRESIDING: Sharonlee Vogel, Chair

Members Attending

Pete Brunner
Angie Boyter
Barbara Catlin
Susan Hailman
Jan Horan
Bob McLaughlin
Andrew Monjan
Eletta Morse
Carolyn Rimes
S.K. Shin
Michael Willis

Not Present

Jennifer Asher
Roxanne Farrar
Deborah Fleischmann
Julia Mattis

Office on Aging

Starr Sowers
Terri Hansen

Howard County Police Department

Andre Lingham

Call to order

The meeting was called to order at 7:00pm.

Approve Agenda

Andrew Monjan moved to accept the agenda, and Bob McLaughlin seconded the motion. Motion was approved. *All in favor. Agenda accepted.*

Approve Minutes

Bob McLaughlin moved to accept the minutes of the previous meeting, and Carolyn Rimes seconded the motion. Motion was approved. *All in favor. Minutes accepted.*

The meeting began by welcoming new commissioner Michael Willis and introducing Commission members and Office on Aging staff.

Howard County Police Department Report

Andre Lingham provided the Commission with an update on the shooting at a truck stop in Elkridge. He also reported that the HCPD is seeing an uptick in theft from vehicles, primarily in the Laurel area.

As tax season is upon us, the IRS scam and other scams continue to target local seniors. Recently the Police Department has also come across a Craigslist vacation scam which required parties to wire money to secure their trip.

Upcoming Events:

April 9-Identity Theft Presentation at Miller Library

May 26-Carfit at NeighborRide Headquarters

June 20-Elder Abuse Awareness Conference

Office on Aging Report

Elkridge 50+ Center

Starr Sowers shared the date for the groundbreaking for the new Elkridge 50+ Center; the event will be held on May 16 at 2:30pm at the Elkridge Library site. When renovations are complete the 50+ Center will have five times the space it currently occupies. During construction, the center will move to an alternate location; the county is currently in the process of negotiating a contract for the temporary space.

Upcoming Events

Cycle2Health will hold their annual kickoff on May 5 at East Columbia 50+ Center

Loan Closet Ribbon cutting will be held in June

LHIC

The Office will convene the Healthy Aging work group on April 4 at 2pm at Ellicott City 50+ Center. The group's focus will be to promote healthy aging throughout the county and to work to implement the goals of the Creating an Age Friendly Community report by examining best practices and offering a forum to channel activities throughout the county.

50+ EXPO

EXPO is filling quickly; if you know of an organization that would like booth space, please encourage them to reserve space soon. Work on the new Job Fair is continuing to move forward. The theme for this year's EXPO is technology.

Update on Collaboration with the Erikson School

The Office and Columbia Association are forming a partnership with the Erikson School to help move both organizations' plans forward. The Office is currently working on a scope of work for the project.

Senior Center Plus

Terri Hansen provided the Commission with an overview of the Office's Senior Center Plus program. The Plus program in Howard County is over 30 years old and provides additional assistance for those who cannot navigate a center on their own. Plus is designed as a therapeutic day program, meaning no medications or treatment are provided onsite, but socialization and recreation are provided. The Plus program operates at the North Laurel, Glenwood, and Ellicott City 50+ Centers. Daily activities for Plus program attendees includes a variety of cognitive and physical activities. Exercise classes are offered each day as well as art, music, and memory activities.

Currently, the Plus program serves participants ages 18 and up. At the current time, participants range in age from 53 to 102 and represent a great range of ability levels. The program costs \$48 per day and operates on an income-based sliding scale.

Chair's Report

Sharonlee Vogel shared an update on the MDCOA Summit. The Summit will be held September 22, in Howard County, and will focus on Health and Wellness. Each local Commission will be able to send two members. If you are interested in attending, please let Sharonlee know.

Columbia Association's Senior Advisory Committee has been meeting at different CA facilities around Columbia. Following questions about what seniors are receiving from their lien, and overall questions about cost, CA is examining their membership structure. Sharonlee also reported that the SAC has approached CA about the need for pickle ball courts.

Sharonlee reminded Commissioners about the HCCA Forum on April 16; registration is through Eventbrite.

Sharonlee let Commissioners know they would receive an email to select a date for the Budget Retreat. Dinner will be provided.

Committee Update

The following people have signed up to be on each COA Committee:

Health and Wellness—Andrew, Jennifer, Sharonlee

Aging in Place—Eletta, Susan, Julia

Government Relations—Bob, Andre (two openings)

Budget and Policy—Pete, Angie (one opening)

Caregiving—Barbara, Jan, Deborah

Committees will meet outside of regular COA meetings to discuss or discover issues in their area as well as to look at resources and make recommendations to the Office on programming.

Senior Issues Heard (Sharing from Commissioners)

Bob McLaughlin shared that seniors are interested in getting special deals.

Pete Brunner reported that The Village in Howard has applied for a Community Foundation grant for strategic planning.

Angie Boyter shared that she has enjoyed several talks on Howard County history held at the Ellicott City 50+ Center but that she's had issues finding the center's info on the county website. Angie also shared frustration about buildings that aren't created for conversation; the new Nalley Fresh and Pie5 restaurants were both too loud for conversation at lunch time.

Michael Willis shared that he has a neighbor attending Senior Center Plus and that Charleston has a similar program in the independent living.

Andre Lingham reported that he's looking into GPS devices to help families with seniors who wander.

Andrew Monjan shared some thoughts on the "25 Things to Prevent Alzheimer's" email which the Commission received. While we know about the disease's progression, not much is known about how/why it starts. The items on the list aren't causal but are things associated with the disease and it's best to approach emails like this with skepticism.

Susan Hailman reported The Village in Howard will be holding a fundraiser at Tino's Italian Restaurant on Monday, April 4. No coupon is needed and the offer is good all day on both dine-in and carry out.

Jan Horan visited Ellicott City 50+ Center and spoke with participants. In her conversations, she heard concerns about property taxes, transportation needs after no longer driving, and declining 50+ Center use since renovations. She also had a discussion about The Village in Howard relating to handyman services.

Eletta Morse continued to hear about scams, specifically the IRS and Microsoft scams.

Barbara Catlin shared that Bigger Conversations will hold a Caregiver Wellness Circle beginning in April.

Carolyn Rimes reported that Master Gardeners are partnering with nursing homes to work on healthy eating options.

Older Americans Act

Barbara Catlin provided a brief update on the Older Americans Act. While the Senate passed the act without amendments, the House has made amendments to add protection for vulnerable elders, update language, and promote evidence based programming. They've also suggested aligning senior employment with local workforce development offices. The Act will go back to the Senate next.

New Business

Pete Brunner reported that House Bill 711 was brought to his attention by NARFE as it would change social security payments for those under the old civil service plan. He encouraged members to look into the Bill.

Adjournment

Barbara Catlin motioned to adjourn. Eletta Morse seconded the motion. The meeting adjourned at 9:10pm.

Recording Secretary: Jennifer Rittenhouse

Next Meeting: April 25, Bain 50+ Center, 7pm